Windana
Celebrating
Complexity

Our Community

- Beautiful 42 acre rural retreat
- 32+ adult beds, 30% forensic
- Originally 12 month program, now 4 - 6 months
- 80% residents with co-existing MH

The need for change

- Average of 55 days
- Complex & forensic residents leaving early
- Unstructured program
- Under-resourced team
- Unrealized potential

The potential for growth

- Redefining staff skill sets
- Structured day
- “Working with the now” therapeutic process
- Education for recovery

The potential for growth (contd)

Phase one

Å The change process (wheel of change)

Å Cycle of addiction

Å 10 Characteristics of addiction (DeLeon)

Å Change though the lifespan

Å Relapse process

Å Continuums

Å Thoughts become things

Structure:

Group basics, Feelings wheel, journals, check-outs

Life is complex and so are we

- Staff mix and training
- Anticipating complexity
- Talking mental health in community
- Resident centred flexible responses

Celebrating diversity

- Acknowledging our own values
- Addressing assumed heterosexuality
- Creating a safe environment and enabling conversations
- Understanding barriers

A community for all people

- Prayer rugs and fasting
- “What about my family”?
- All colours and sizes
- “I built that terrace”
- Viewing the world with a wider angle lense

Nurturing Community

- Re-authoring service narratives
- Celebrating alternatives
- “I’m in it for me … and I need your help”

Community as method

- Keeping community alive
- A commitment to complexity and diversity conversations
- Results so far - A place to grow together

The next steps

- Increased funding
- Pharmacotherapy withdrawal
- Diversity in team
- Potential for greater reintegration support
- Community responsiveness

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